

*Our
Days of Grace
1969*



House General Meeting
School of Nursing



PATRONS PAGE

Mr. Jack Hurtig

Mayor Hanks — "An enthusiastic supporter"

Mr. Stephen Patrick

Mr. Bill Trebilcoe

Magistrate Isaac Rice

CKY — Radio Station

Mrs. Irene Rowlin



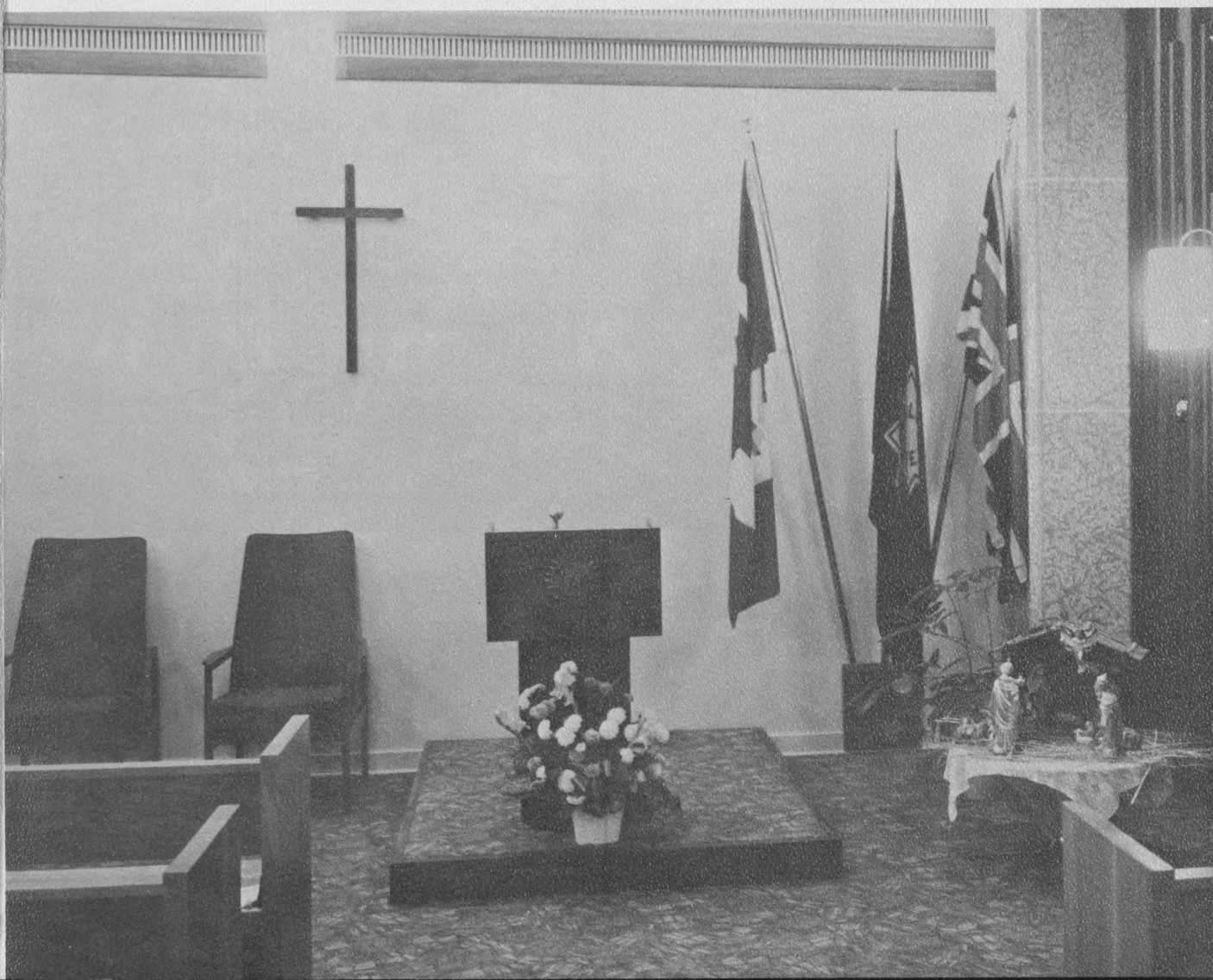
*Dedicated to
Those We Love*

I said to the man who stood at the gate of the year
"Give me a light,
That I may tread safely into the unknown."
And he replied;
"Go out into the darkness
And put your hand into the hand of God.
That shall be to you
Better than the light,
And safer than the known way. "

- from -

The King's Message

December 25, 1929



GRACE HOSPITAL



Administration



The late Senator Robert Kennedy said -

"Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centres of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance. "

Our wish for you is that in the course of your duties you will be able to send forth many ripples of hope, which when crossing other ripples, unite in the breaking down of walls of illness and disease.

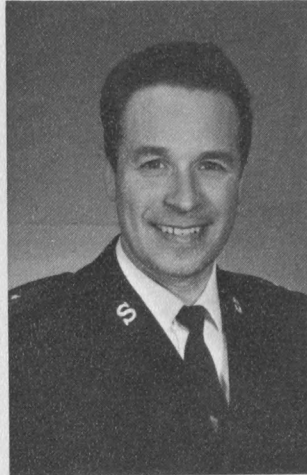
Congratulations to you each. May your service at all times be such as to merit the blessing of God.

M. Everett (Lieut. -Colonel),
Administrator.

Dr. N.D. McCreath
Medical Director



Major H. P. Thornhill
Assistant Administrator

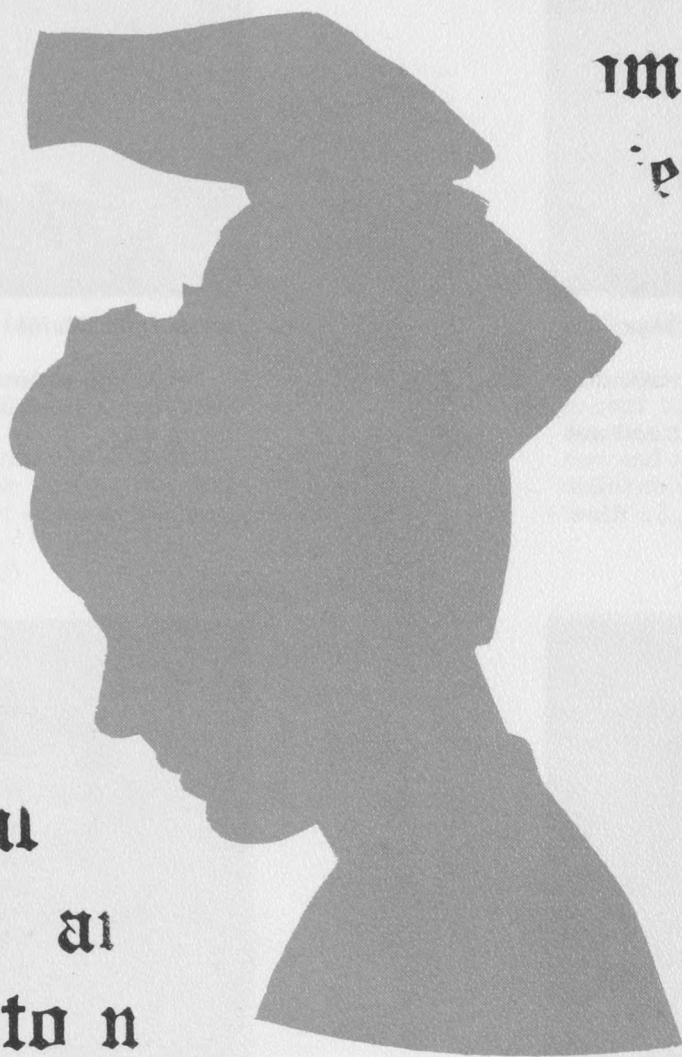


Miss B. Seeman
Director
Nursing Education



Mrs. R. Yasinski
Director
Nursing Service

I solemnly pledge myself before
God and in the presence of this
assembly to pass my life in purity
and to maintain my profession faith-
fully in whatever
is de-
will I
ister
all in
eleva-
sion a
personal
keeping a
coming to n
tice of my ca.



I endeavour to aid the physician in
his work and devote myself to the
welfare of those committed to my
care.



Linda Addy - St. James, Man.

"Love is unselfish, understanding and kind,
For it sees with its heart and not with its mind."

- H. S. Rice -



Rose Lynn Bartel - Steinbach, Man.

"If you cannot do great things,
you can at least do small things in a big way."

- Unknown -



Susan Bartel - Clayfeld, Man.

He bore failure without self-pity, and success without self-admiration. Provided he knew he had paid his uttermost farthing, what did it matter to him how others justified the result.

- Markings -
by Dag Hammarskjöld



Auna Marie Berg - Westburn, Man.

If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

- Thoreau -



Elizabeth Black - St. James, Man.

Life is a book in volumes three
 The Past... The Present... The
 Yet to Be...
 The Past is written and laid away
 The present we're writing everyday
 The third and last of these volumes three
 Is hidden away
 God holds the Key.

- Unknown -



Audrey Braun - St. James, Man.

God grant me the Serenity to
 accept the things I cannot change,
 the Courage to change the things I
 can and the Wisdom to know the
 difference.

- Unknown -



Elizabeth Burden - Brandon, Man.

"In this life we have three
 great lasting qualities - Faith,
 Hope and Love. But the greatest
 of these is Love."

I Corinthians 13:13



June Burnett - Poplar Point, Man.

It is not the deed we do -
 Tho' the deed be never so fair
 But love that is always the
 priceless thing
 Hidden with Holy care
 In the heart of the deed so fair.

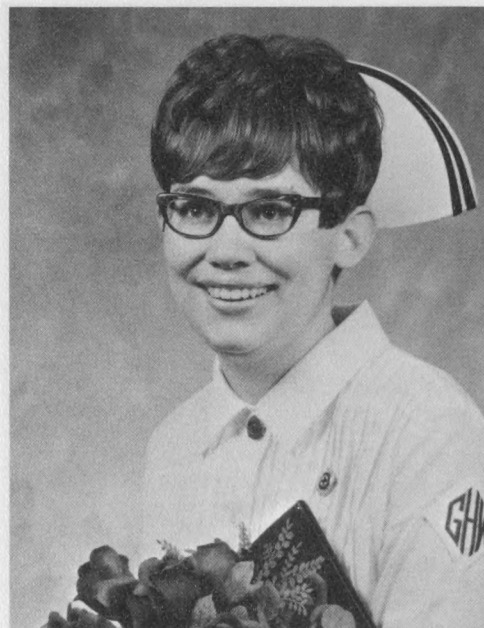
- Unknown -



Maureen Colbert - Dugald, Man.

God wove a web of loveliness
Of clouds and stars and birds
But made not anything at all
So beautiful as words.

- Anna H. Branch -



Shirley Craig - Regina, Sask.

A purpose, a determined will,
Can soar above Earth's highest
hill,
And bid the troubled waves be
still.

- Alexander McLachlan -



Brenda Ericson - Minnedosa, Man.

"The happy man is one who,
without seeking it directly,
inevitably finds joy as a by-product
in the continuing process of achiev-
ing the fullness of his own possi-
bilities."

- Father Pierre Teilhard
de Chardin -



Roslyn Exchange - East Kildonan,
Man.

It is better to trust all and be
deceived than to doubt one fond
heart that should be believed.

- Unknown -



Margaret Fraser - Glendale, Man.

"All I have seen teaches me
to trust the Creator for all I have
not seen."

- R. W. Emerson -



Anne Marie Frieson - Lena, Man.

"There's so much now I cannot
see,
My eye is still so dim;
But come what may I still can
trust
And leave it all to Him."



Christine Gorrie - St. James, Man.

Real friends are those who,
when you've made a fool of your-
self, don't feel that you've done a
permanent job.

- Unknown -



Marilyn Hill - Winnipeg, Man.

The thing that goes the farthest
towards making life worthwhile;
that costs the least and does the
most, is just a pleasant smile.

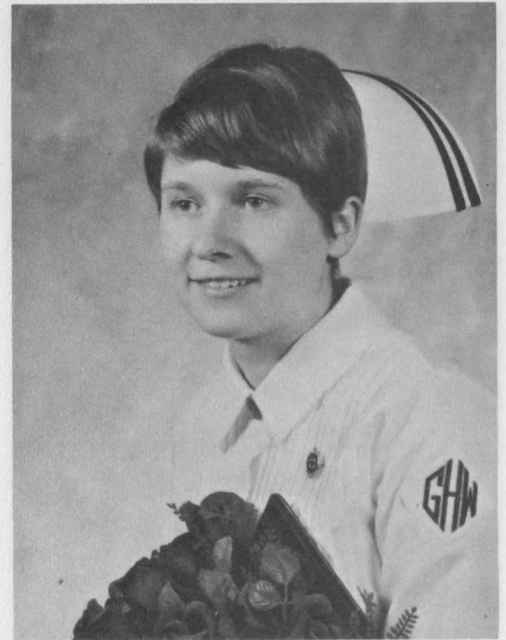
- Anonymous -



Valerie Jakeman - Roblin, Man.

It is not how much we have,
but how much we enjoy that makes
happiness.

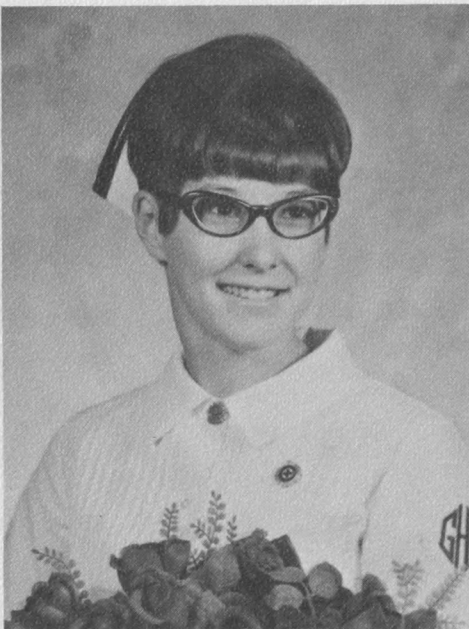
- Unknown -



Annie Koop - Landmark, Man.

Happiness is not having and
getting: it consists of giving and
serving.

- H. Drummond -



Judy LaRocque - North Kildonan,
Man.

"Never measure the height of
a mountain until you have reached
the top.

Then you will see how low it
was."

- Markings -
by Dag Hammarskjöld



Margaret Macdougall - Thompson,
Man.

By yielding mastery the will is
freed,
For it is by surrender that we live,
And we are taken if we wish to
give,
Are needed if we need.

- Kingsley Amis -



Carol Macfarlane - Glen Ewen,
Sask.

It is in loving, not being loved
The heart finds its quest;
It is in giving, not getting
Our lives are blest.

- Unknown -



Lynn McDowell - Winnipeg, Man.

Selfishness is a gift of Nature -
Unselfishness is an accomplish-
ment.

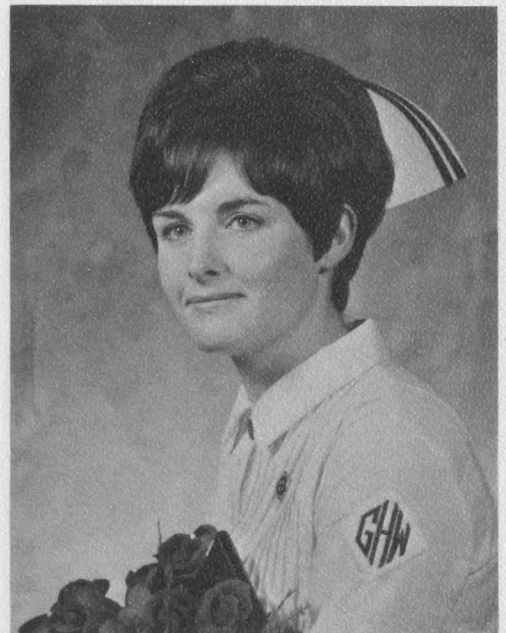
- Joseph Mayer -



Carolyn McIntyre - Ochre River,
Man.

"God's in His heaven -
All's right with the world. "

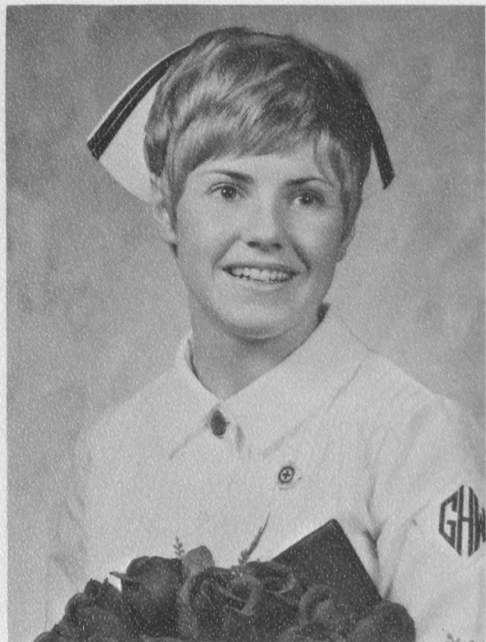
- Robert Browning -



Jean McKibbin - St. James, Man.

"Give the youth of the world
patience, obedience, humility,
energy and joy. "

- Prayer by a Young African -



Mrs. Catherine Fownes
(McNairnay) - Winnipeg, Man.

Then give to the world the best you
have,
And the best will come back to you.

- Mary Ainere de Vere -



Patricia Meda - Middleboro, Man.

"You can't change the past,
but you can ruin a perfectly good
present by worrying about the
future."

- Unknown -



Dorothy Myhal - Balmoral, Man.

"All things work together for good
---"

- Romans 8:28



Gladys Nickel - Killarney, Man.

Though their pathway may
lead through canyons of care and
valleys of vexation, those who are
guided by the Good Shepherd al-
ways find green pastures.



Barbara Palmer - Dryden, Ont.

Learn to pause - or nothing
worthwhile can catch up with you.

- Unknown -



Edna Penner - Giroux, Man.

It is comforting to know that
He who "guides us with His eye"
sees tomorrow more clearly than
we see today.

- G.W. -



Margaret Smith - Winnipeg, Man.

Preserve the dignity of Man
with Soul erect.

- Robert Burns -



Laureen Stefansson - St. James,
Man.

Love cures people - both the
ones who give it and the ones who
receive it.

- Readers Digest -



Norma Strong - Stonewell, Man.

Life demands from you only
the strength you possess. Only
one feat is possible - not to have
run away.

- Markings -
by Dag Hammarskjold



Joyce Suderman - Winkler, Man.

Climb every mountain
Ford every stream,
Follow every rainbow
'Till you find your dream.

- Oscar Hammerstein II



Lynn Weizel - East Kildonan, Man.

Love in your heart wasn't put
there to stay,
Love isn't Love 'till you give it
away.

- Oscar Hammerstein II



Edith Wutke - Plumas, Man.

The good man is not so much
he who has no faults; but he who is
striving honestly to overcome
them.

- Unknown -

A Nurse's Prayer

Father, I have knowledge
so will You show me now
How to use it wisely
and find a way somehow
To make the world I live in
a little better place,
And make life with its problems
a bit easier to face - -
Grant me faith and courage
and put purpose in my days,
And show me how to serve Thee
in the most effective ways
So all my education,
my knowledge and my skill
May find their true fulfillment
as I learn to do Thy will - -
And may I ever be aware
in everything I do
That knowledge comes from learning
and wisdom comes from You.

- Unknown

Valedictory Address



Lieutenant-Colonel Meekings, Lieutenant-Colonel Everett, Honoured guests, classmates, little sisters, Moms and Dads - and - as quite a number of the girls in our class have already attained a degree, that of Mrs., we extend a special welcome to their husbands.

Three years ago, this evening was but a dream; today it is reality. In recalling all the things we have done and learned perhaps we need not be surprised that the years have passed so quickly.

When we started out on 200 Evanson Street in an old but homey residence we were very unsure of ourselves and very unknowing; yet we tried so hard not to look TOO dumb! Initiation proved that we were at the bottom of the ladder but, also, that we were part of the group of student nurses.

The first five months were mainly study. We never knew that we had so many bones and muscles; but when after eight hours on the ward they began to ache and creak, we ceased to doubt their existence.

Soon - at a ceremony we will always remember - we received our beautiful white caps. - And now we LOOKED like nurses.

By this time we had come to know our roommates rather well. It sure was nice to come off the ward and have someone to listen to our complaints. Occasionally one heard complaints about the roommate as well. One liked it cold - one liked it hot; one went to bed early - the other went late. Then there were those who read and re-read their diaries at twelve midnight while the roommate in the next bed wanted to sleep. Oh well, everybody has to do a certain amount of adjusting and as Miss Seeman said to us early in our training, "Just keep your eyes on the stars, and your feet on the ground."

It seemed but a short time and we were Intermediates. We celebrated this important date with a hayride. As the weatherman would have it, we had rain. Needless to say we were all soaked to the skin but since we wound up the party with food and drinks nobody suffered any ill effects. Our panacea for everything was food, if I remember correctly.

It was during our second year that our Little Sisters entered the School. How pleasant! I remember evenings spent discussing episodes which happened to us during our first year which might have enabled them to see that we, too, had had our bad days among the good.

Then came the time to branch out into different areas. Seven o'clock was a poor hour to go to work but when it was the first day to the Operating Room it was worse. There were those who liked it and those who didn't, but we all admired the skill and dexterity of the surgeons and their capable assistants. In this place we were glad to be gowned, gloved and masked so that none of the doctors would in the future recognize any of us as that student who made that foolish mistake during the operation. Then there was the scrub nurse (a student) who got the three individual ties in her gown each done up in three knots by one of the surgeons. Next day she was innocently asked by him how she had managed to remove her gown.

Obstetrics was a new experience. Birth is a miracle and it made us wonder and marvel. What frail, innocent little squirming bundles we worked with in the nursery. Those who had never looked after such small creatures handled them like glass but soon found that they could be loved and cuddled with no apparent damage. The students were always accused of spoiling the babies.

In March of our second year we moved to Children's Hospital for a ten week stay. Children all day long and what a variety of them. One had to adjust rapidly to their fancies. If they wanted to use you as a horse, then a horse you must be. I am sure many of us got a good review of colouring and relearned the art, probably forgotten since our childhood. Nevertheless we learned much about the physically ill child and also about their normal growth and development. I am sure we will never forget those floats, milkshakes, or chocolate-covered doughnuts for coffee break! The residence lacked some sound-proofing and it was quite a simple matter to carry on a four-way conversation between two rooms. Since our motto was "no secrets in this family", that was no hindrance.

We had returned to Grace for just a short time when we packed up again. This time for a 12 week stay at Selkirk. Psychiatry taught us much about others and more about ourselves. Here again, the residence was different. We sure utilized the fire escapes as a great means of attaining the fresh night air. The care packages from home were greatly appreciated. Some came all the way from Regina, Saskatchewan.

Intensive Care was a valuable three week experience. Here we saw patients who were critically ill and we also saw them gradually improve till they were well enough to be transferred to the wards. Here we realized what intensive nursing means and how the patients profit therefrom.

Casualty! In this place one needed three times as many hands, feet and ears as we are endowed with. One mind was enough as it was usually confused enough for six. However, outwardly one remained calm, cool and collected. Many cuts were sutured, wounds bandaged and needles given. It was a good experience and a great place to work.

The experience in Diet Kitchen was short but interesting, and the more we learned about minerals, vitamins and calories, the hungrier we got.

Not all of the time did we spend studying and working. Remember those bike rides! An excellent way of relieving frustrations. Did I mention frustrations? They were alleviated in other ways too. Who has not at one time or other told a close friend about her trials and tribulations, just to get relief from knowing that another shared and knew. Many a late night was a result of those discussions - and not always were those discussions troubles. I can well remember some late nights spent discussing an engagement. The lucky one couldn't sleep so why should the rest of us. At times when visitors were unwelcome, signs came up like, "I am a depressed area", "Do not disturb" and "Many may enter but few may not".

Remember our Black Band party celebrated at the Shanghai with all the Chinese food we could eat? There were Christmas parties, hootenannies, wiener roasts and also a lot of bread, peanut butter, honey and jam. Our receptionists must sometimes have wondered where it all went. We say "thank you" to all who made our residence a home away from home.

To Dr. McMillan and Mrs. Dojack belong much of the credit for our good health. We were supplied with salt water and corn syrup - a cure for most of our ills! Thanks to both of them.

We render our due thanks to Colonel Everett, Miss Seeman and those Instructors who helped us to become what we are today - Registered Nurses.

We deeply appreciated those people who frequently acted as chauffeurs. Friends, sisters, brothers and boyfriends. They encouraged us also during our three years and often gave good advice as they were detached from our environment.

How can we express our thanks to those who meant most to us these three years - "Mom and Dad". They listened to us complain; encouraged us in our disappointments, and comforted us when our endeavours failed; rejoiced with us in our successes; provided us with our daily needs, and prayed for us in times when strength was sorely needed. For all this and more we, as members of Class '69 thank our parents. May we live and work so that they will ever be proud of our achievements.

A few words to the Class of '69. Firstly, I feel honoured to be chosen as Valedictorian. Thank you! Secondly, many friendships have been formed which I believe will not be quickly forgotten. Let's try and keep in touch. Some of our number are not able to be with us tonight - To you, we will just say "we have not forgotten you". I wish you all the best of success in the future and into the future can each one of us take this little prayer for everyday living:

"Great Spirit, grant that I may not criticize my neighbour until I have walked a mile in his moccasins!"

Rose Lynn Bartel

In Gratitude to Those who Contributed to Our Success

with Thanks

Class '69



Major Johnson



Brigadier & Mrs. Wagner



Instructors



Classmates



Mrs. Burkett

Mrs. Weiler

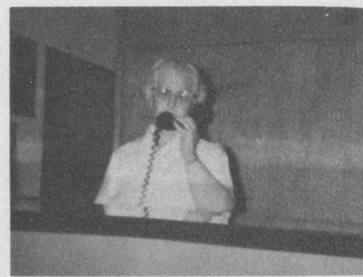


Our Home



Mrs. McLeod

Mrs. Peterson



Roommates



Dr. McMillian Mrs. Dojack



Our Doctors



Head Nurses



L. P. N.



Cafeteria Staff



Orderlies



Mrs. Tanner



Cleaning Staff

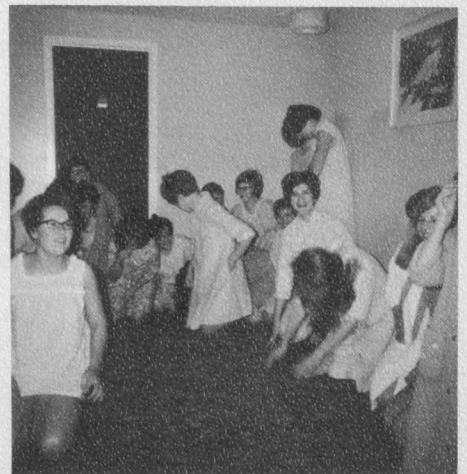


Librarian



Class '70

Our
Big & Little
Sisters

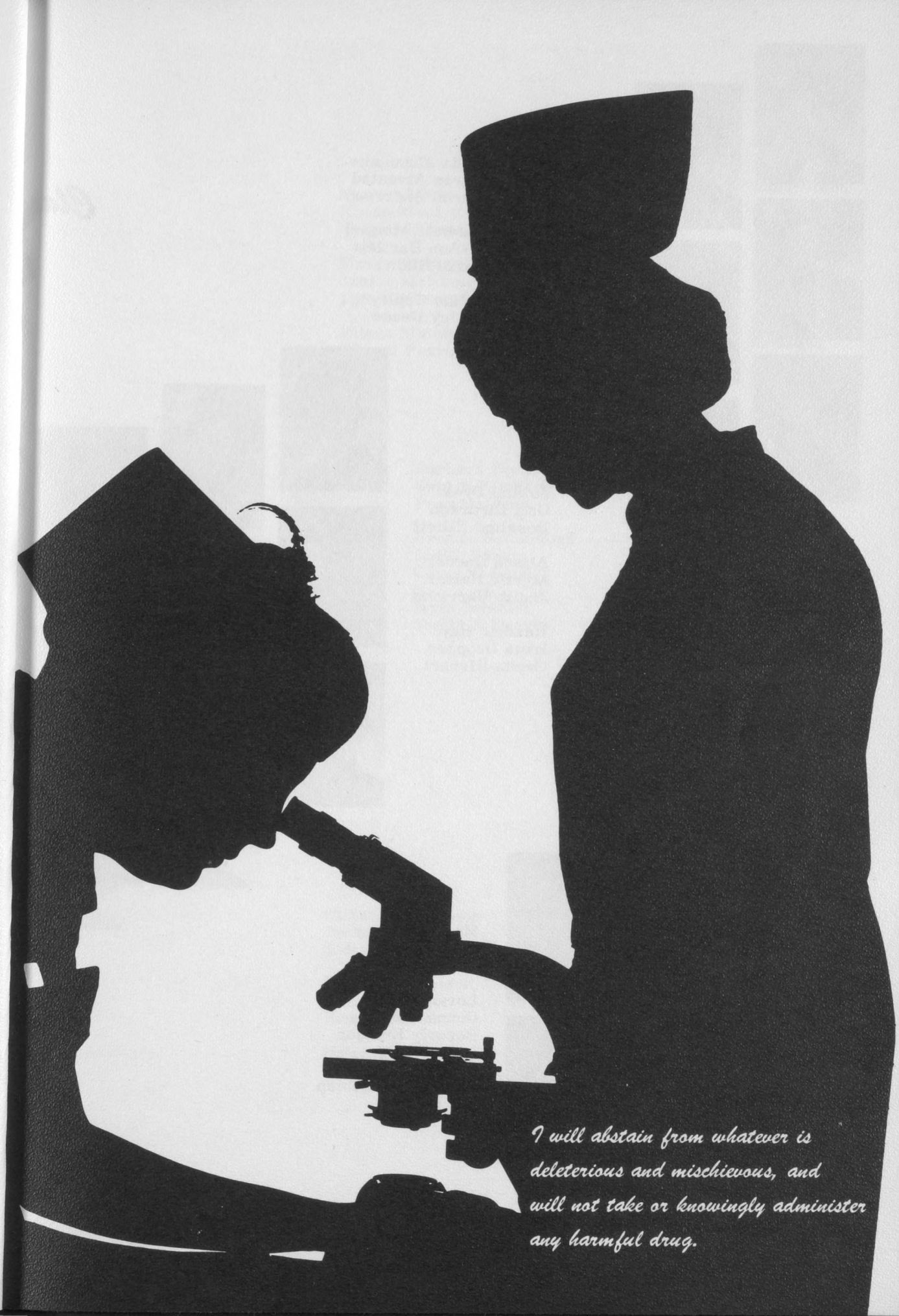


Class '71

Our Big Sisters

Class of 1968

Cathy Alliban - Calgary, Alberta
Linda Bell - Grace Hospital
Mrs. Dianne Sloane (Andrews) - Morden, Manitoba
Grace Amy - Children's Hospital, Winnipeg
Valerie Arnott - Grace Hospital
Lorraine Brundage - Toronto, Ontario
Terry Charleton - Winnipeg General Hospital
Linda Christian - Toronto, Ontario
Margaret Cumming - Alberta
Mrs. Delia Todd (Doerksen) - Edmonton, Alberta
Joy Curry - Grace Hospital
Barbara Freisen - Steinbach, Manitoba
Linda Freisen - Flin Flon, Manitoba
Margaret Freisen - Morden, Manitoba
Mrs. Doris Rabuka (Guiderian) - Saskatoon, Saskatchewan
Myrna Haynes - Grace Hospital
Mrs. Shirley Gould (Henderson) - Grace Hospital
Lorraine Heibert - St. Boniface Hospital
Pat Hill - Brandon, Manitoba
Mrs. Lydia Hildebrandt (Hoepfner) - Winkler, Manitoba
Barbara Hustler - Ontario
Mrs. Lorna Clarke (Jackson) - St. Boniface Hospital
Judy Jernberg - Grace Hospital
Mrs. Glenda Doerksen (Johns) - Winnipeg, Manitoba
Linda Lindal - St. Boniface Hospital
Mrs. Marion McGregor (Moffatt) - Manitoba
Mrs. Leslie Mann (Mowatt) - Grace Hospital
Mrs. Alyson Davis (Mynarski) - Children's Hospital
Donna Palmer - Montreal, Quebec
Mary Penner - Steinbach, Manitoba
Susan Penner - St. Boniface
Mrs. Penny Carter (Pilling) - Grace Hospital
Mrs. Gladys Issac (Rempel) - Saskatchewan
Glenda Sandercock - Grace Hospital
Linda Smith - Misericordia Hospital
Gerry Stachniak - Winnipeg, Manitoba
Roberta Steffanson - Grace Hospital
Mrs. Linda Vance (Thompson) - West Wyalong, Australia
Mrs. Charlene Sheldon (Trick) - Grace Hospital
Mrs. Johanne Dresan (Tuitert) - Concordia Hospital
Marilyn Wesner - Misericordia



I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug.



Linda Abrahams
Sharon Alvestad
Sharon Anderson



Marlene Attwood
Jo-Ann Bartlett
Marie Blain



Arline Copley
Lesley Deane



Jo Ann Dyck
Gail Einarson
Rosalind Elliott



Alison Garnet
Myrtle Harms
Judith Harrison



Heather Hay
Irma Heppner
Orpha Hiebert



Marion Hoefer
Signy Holmes
Barbara Hopper



Lorna Janis
Donna Kaszuba
Beverly Knutson



Doreen Kuhl
Dorothy Langeman

Class

Sharon Lyon
Karen MacLeod
Helga Martens

Mavis McElroy
Janice McKinney
Lynda Morcom

Eileen Mutch
Glenda Parrott



Barbara Pedersen
Evelyn Riediger
Frances Rout

Brenda Rutherford
Judith Sabine
Carol Saskosky

Irma Schmidt
Sheila Schwartz



Elizabeth Simpson
Beverly Spent
Judith Sprott

Kathleen Stevens
Sonia Tokaryk
Brenda Welch

Helen Wiebe
Ruth Ziemski





Cathy Anderson
Judy Backlund
Shirley Bennett

Karin Berndt
Cheryl Boake



Janet Braun
Penelope Brewer

Rosalie Brooks
Sharon Bruce

Class

Elsie Buck



Lynda Burnett

of



Corrine
Dyck



Doreen
Dyck

Irene
Dyck



Clara Everett



Linda Ewert

Elizabeth
Friesen



Cataline Hamm



Bonnie Harper

Pat Hrynchuk
Elaine Hubic

Sandra Hutchinson
Esther Janzen



Phyllis Jessett
Martha Klassen

Edith Kliever
Leona Kuhl
Deana Larson





Gayle Lawrence
Cathy Lennerton
Barbara Lewthwaite



Shirley Malyska
Lois Mann

Shirley Martin
Janice Meadows

Ann Meekison
Elizabeth MacKay

19

Elizabeth Neufeld



Joy Nikkel

71



Pamela
Olds



Constance
Olafson

Deborah
Paulson



Kathyrine Penner



Elizabeth
Powell

Shirley
Peters



Gayle Riach



Joanne Robertson

Vicky Scales
Elaine Schmidt

Karen Schweitz
Linda Skilliter

Karen Smith
Carol Storey
Mable Unrau



Irene Vanhove
Marlene Watson
Linda Webb



Those Three Years



Probies



Pinning Party



Black Band Party

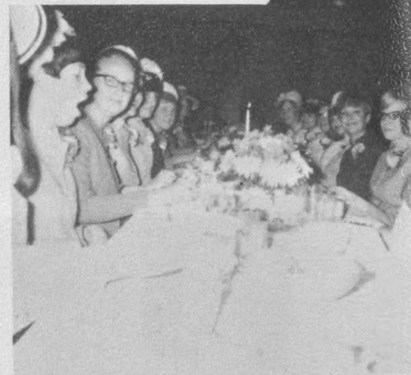


Activity

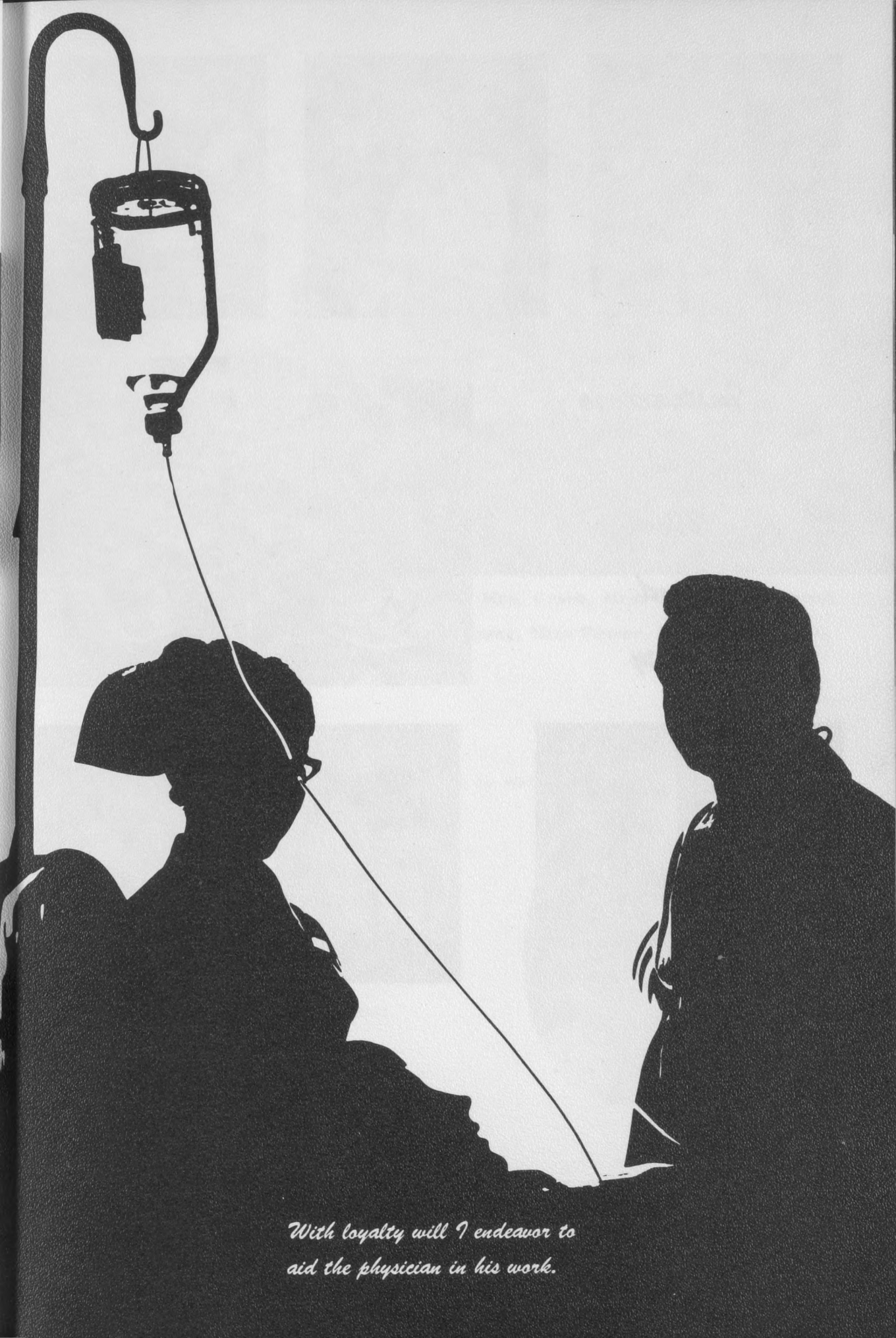


Selkirk

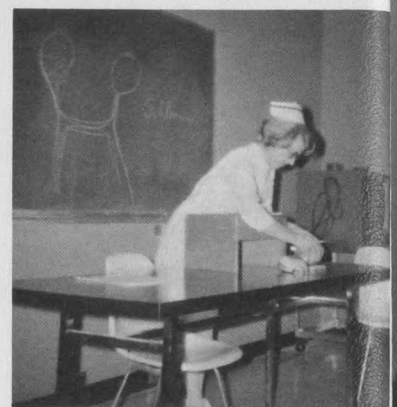
Tout Fini!



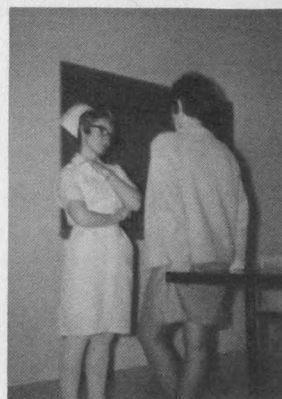
Graduation!



*With loyalty will I endeavor to
aid the physician in his work.*



*Instructors
at
Work
and
Play*



CONGRATULATIONS
and
BEST WISHES
from the FACULTY



SEATED, Left to Right: Miss Shulz, Mrs. Dojack, Mrs. Crabb, Mrs. Smith, Miss Seeman, Mrs. Platford, Mrs. Berry, Miss Wood.
 STANDING: Miss Draffin, Mrs. Nicholas, Miss Sprung, Miss Penner, Mrs. Weiler, Miss Letkeman, Mrs. Fuchs.
 MISSING: Mrs. Ingraham.

To members of Class 1969:
 Congratulations!

Here, for you, is an excerpt from a prayer written by Wallace Fridy.

"O God - Do Thou this day free me:
 From fear of the future;
 From anxiety of the morrow;
 From bitterness towards anyone;
 From cowardice in face of danger;
 From laziness in face of work;
 From failure before opportunity;
 From weakness when Thy power is at hand.

But fill me with:
 Love that knows no barrier;
 Courage that cannot be shaken;
 Faith strong enough for the darkness;
 Strength sufficient for my tasks;
 Loyalty to Thy kingdom's goal;
 Wisdom to meet life's complexities;
 Power to lift men unto Thee."



May God bless and guide each one of you.

Beryl Seeman

Director of
 Nursing Education



Dr. Bowles



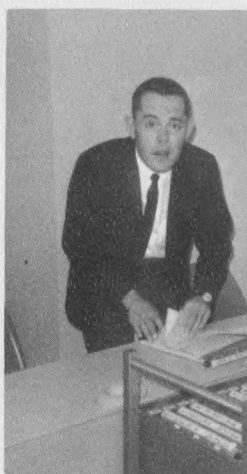
Dr. Tisdale



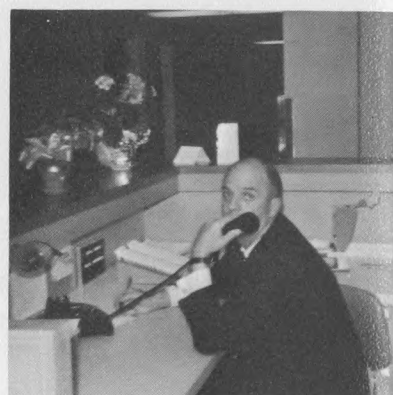
Dr. Habi



Dr. W. J. Boyd



Dr. Weins



Dr. Diehl



Dr. G. C. Stevens



Dr. W. E. Abbott



Dr. Hynes

Dr. Fainman



Dr. Falardeau



Dr. Edward



Doctors



Dr. Neumann



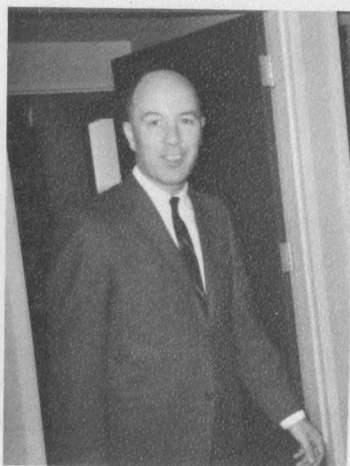
Dr. Connelly



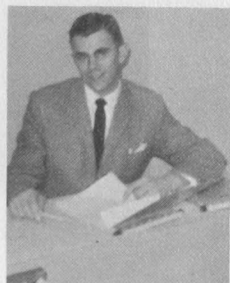
Dr. Jolly



Dr. Garwood



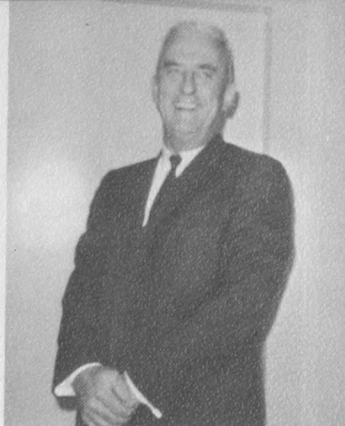
Dr. H. Guest



Dr. Galbraith



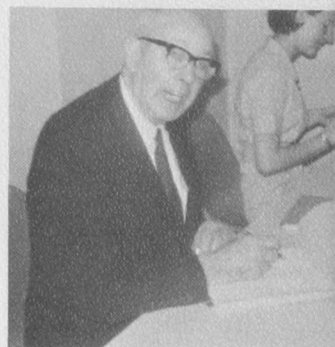
Dr. Suderman



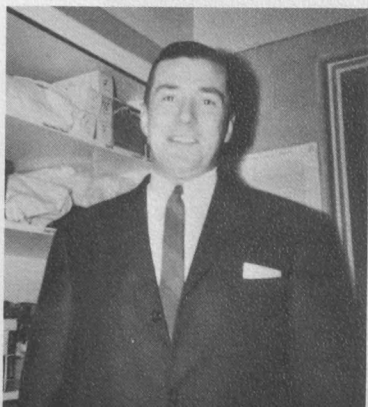
Dr. Waugh



Dr. S. Guest



Dr. Hillsman



Dr. Kent



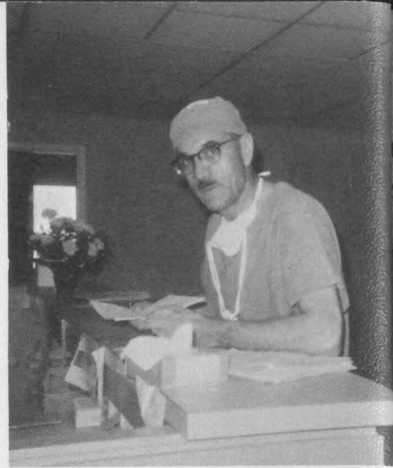
Dr. McFarlane



Dr. Laing



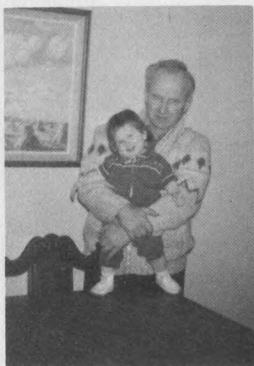
Dr. Kobrinsky



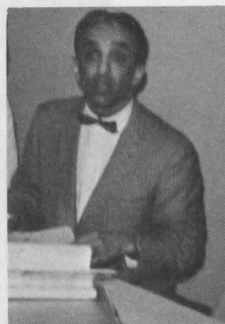
Dr. L.C. Bartlett



Dr. Russell



Dr. O'Toole



Dr. Reddy



Dr. McC



Dr. Maxwell



Dr. Peever

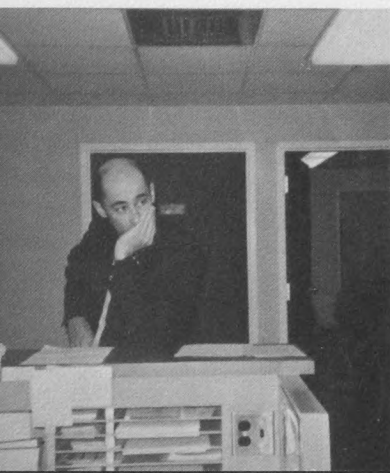


Dr. G. Griggs



Dr. McDowe

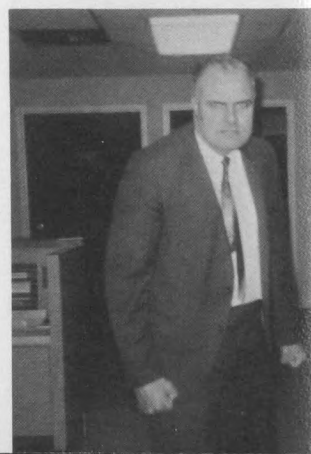
Dr. R.C. Wightman

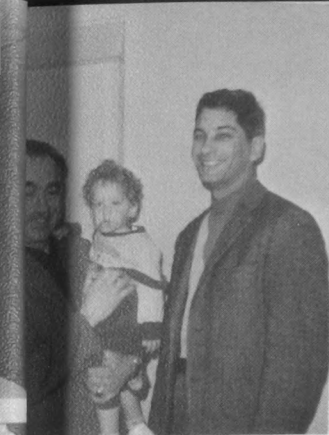


Dr. I. MacLeod



Dr. W. Neal





Drs. Pierce &
Brodovsky



Dr. McKenzie



Dr. Cooper



Dr. Mills



Dr. Narvis



Dr. Goodhand



Dr. Whiteford



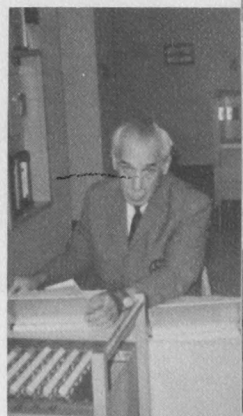
Dr. Derbach



Dr. J. McMillan



Dr. Van Horne



Dr. S. Malkin

Dr. McKinna



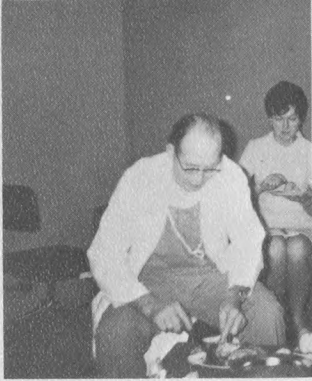
Dr. Porritt



Dr. MacDonald

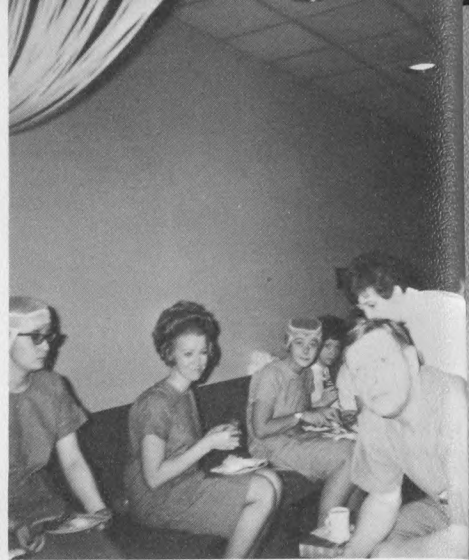


Dr. Provis



Dr. McGarry

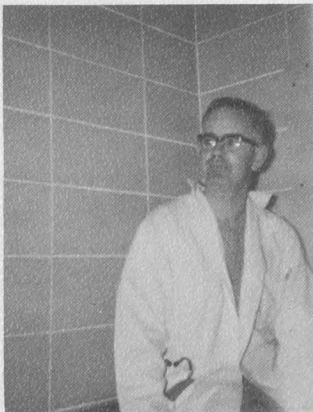
Our *Anaethetists*



Dr. Hutchison



Dr. Hutchison



Dr. Morris



"The Chi

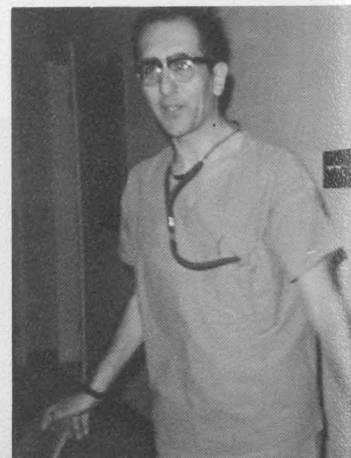


Dr. Thompson

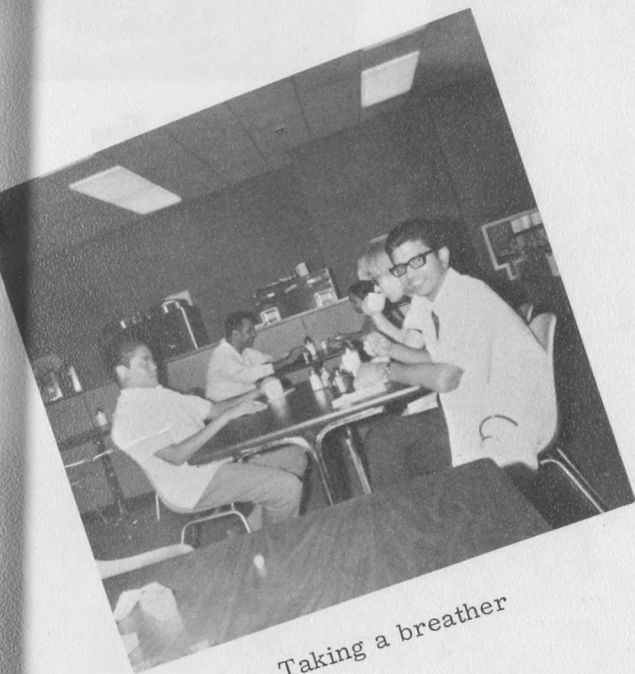
Dr. Tennent



Dr. Delios



Our Internes



Taking a breather



Dr. S. C. Man



LEFT TO RIGHT: Dr. Enrico,
Dr. Hodgekinson, Dr. Tripathi.

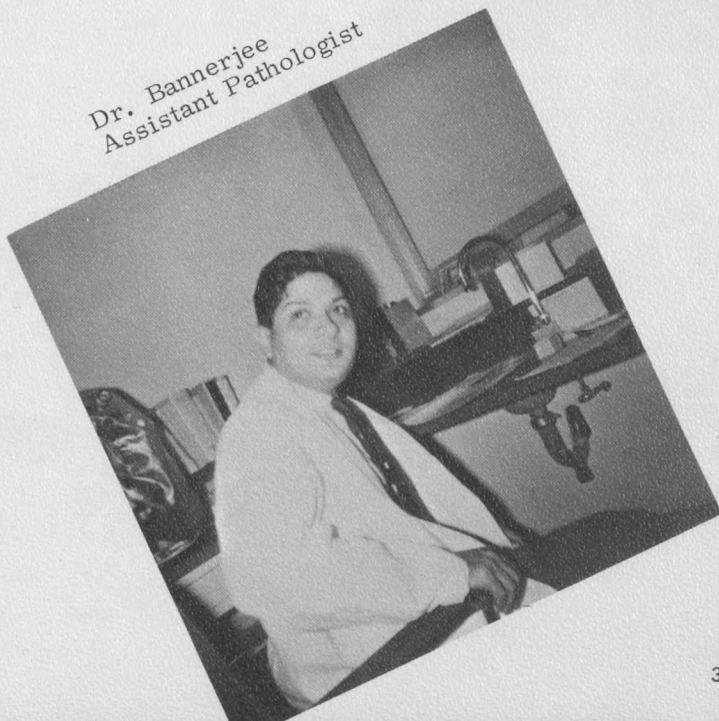


Dr. Devane



Dr. Enrico

Dr. Bannerjee
Assistant Pathologist



Around Our Hospital



Business Office



Admitting



X-Ray

Director of inservice
Miss Robertson

Associate Director of inservi
Mrs. Feh



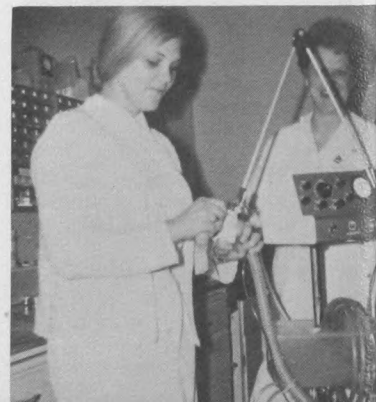
CAP AND CHEVRON AWARDS



Pharmacy



Lab



Inhalation Therapy

On Duty



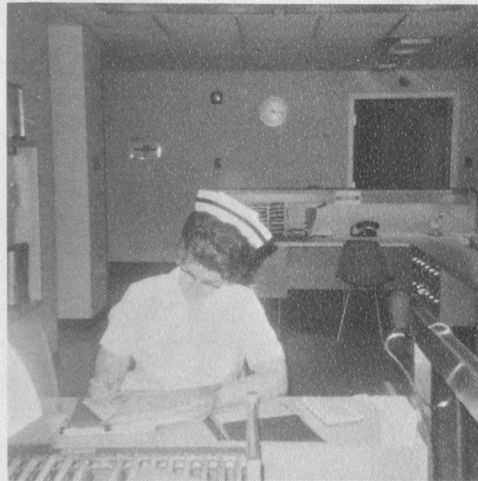
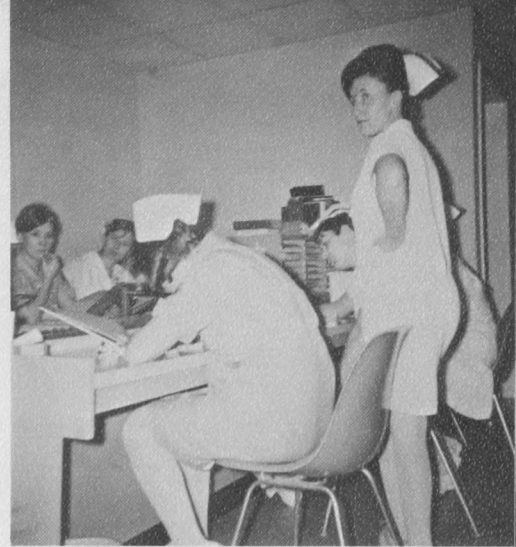
*"I Will Do All in My
Power to Maintain and
Elevate the Standard
of My Profession...."*

Medicine
3 North
and
3 South





*Surgery
4 North
and
4 South*





The New "Grace"



X-Ray---A la carte



Our Residence



Oh No! Short staffed again...

Old memories ?



Case Room--Hard work



There



Our Photographer
Mr. Dilling



The Cafeteria

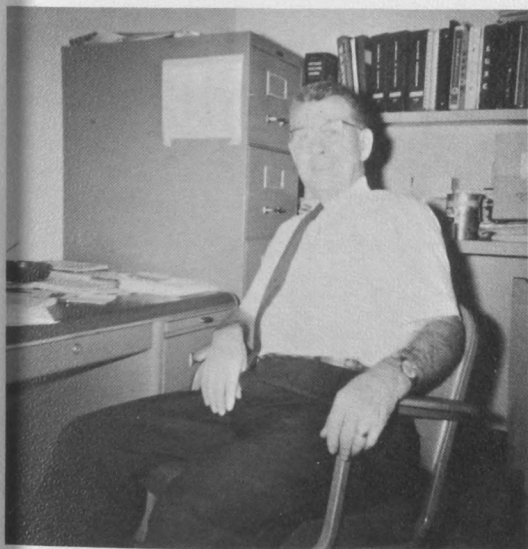


Miss Scott - Fifth Floor

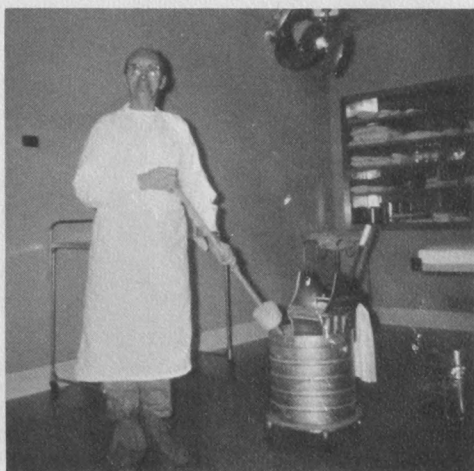
Mr. Tummin - The guy who rings the fire bell



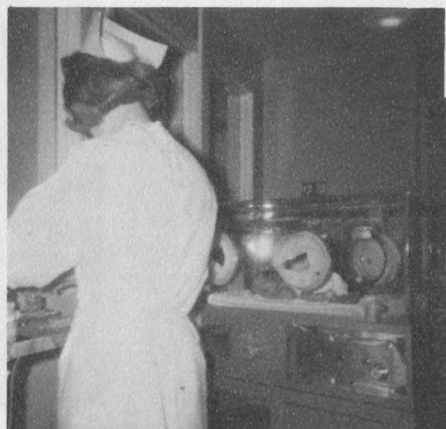
Housekeeping



Mr. Kasdorf - The friendly cleaning man.



Obstetrics



Operating Room

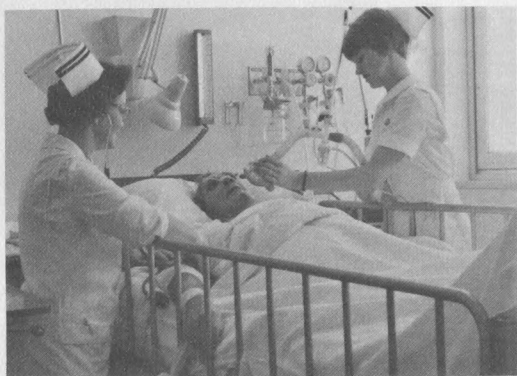


Recovery Room

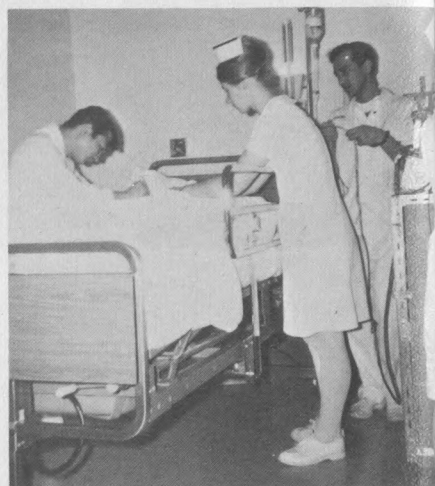




Casualty



and



Intensive Care



Diet Kitchen



Public Health

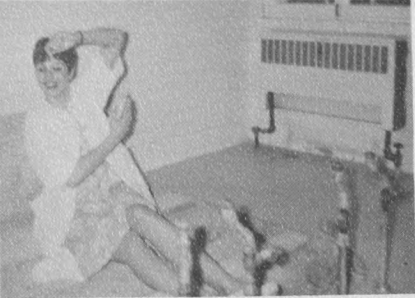
In her senior year, each student spends a week with a public health nurse in either a city or rural area. This experience was one of the highlights of my training.

I soon became aware of the scope of nursing, and realized that our profession is not limited to the hospital situation. While accompanying the nurse I was able to gain insight into her role in the school, the home and the community. We made pre- and post-natal visits, follow-up work on discharges from T. B. sanatoriums, general and mental hospitals.

We, as nurses, are made aware of our responsibilities in the area of community health education.

Many thanks to all the public health nurses who made this experience so valuable and interesting.

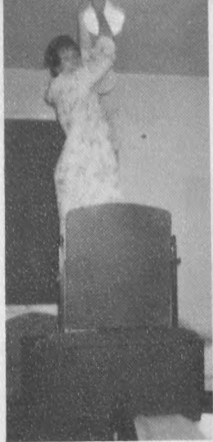
Auna Marie Berg



But I NEED a bath



BOO!!



Climbing walls



I've been trying for $\frac{1}{2}$ hr



Farewell party



Knit, purl, or slipstitch?



Mr. Martinyew, Psychiatric Instructor



Those were the
my friend



You've got it!



The night before the
final exam

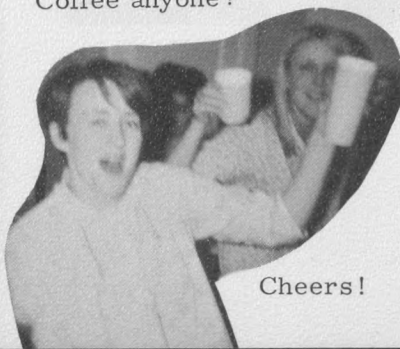
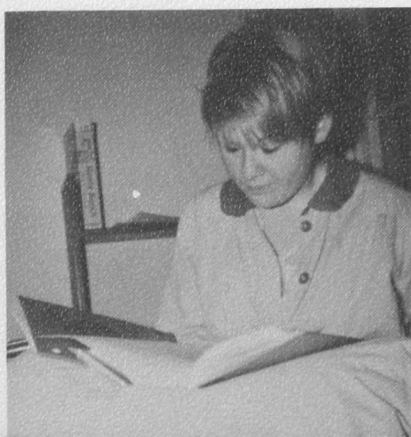


Coffee anyone?



Not
another
film?

Moving out



Cheers!





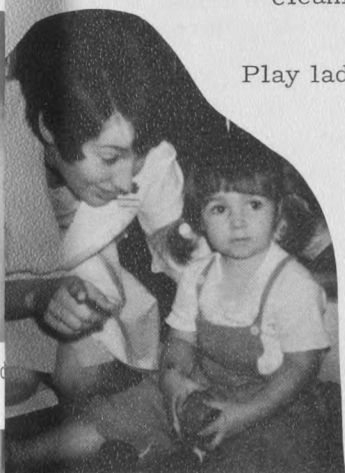
Nurse, Or
cleaning lady?



OUCH!!



Oh, good, clean linen.



Play lady

Days at Children's Hospital



WE'RE studying hard.



C.H. Instructors



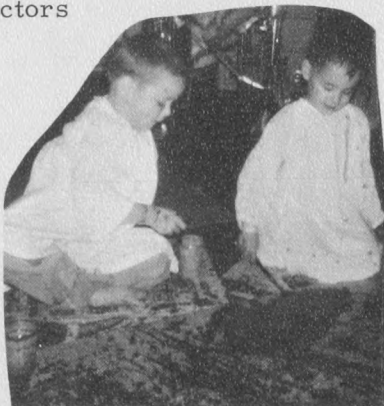
Who goes there?



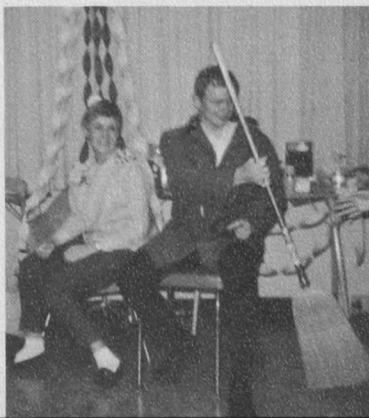
Oh, yea



Play is hard
work



Cathy's
shower



Happiness Is....

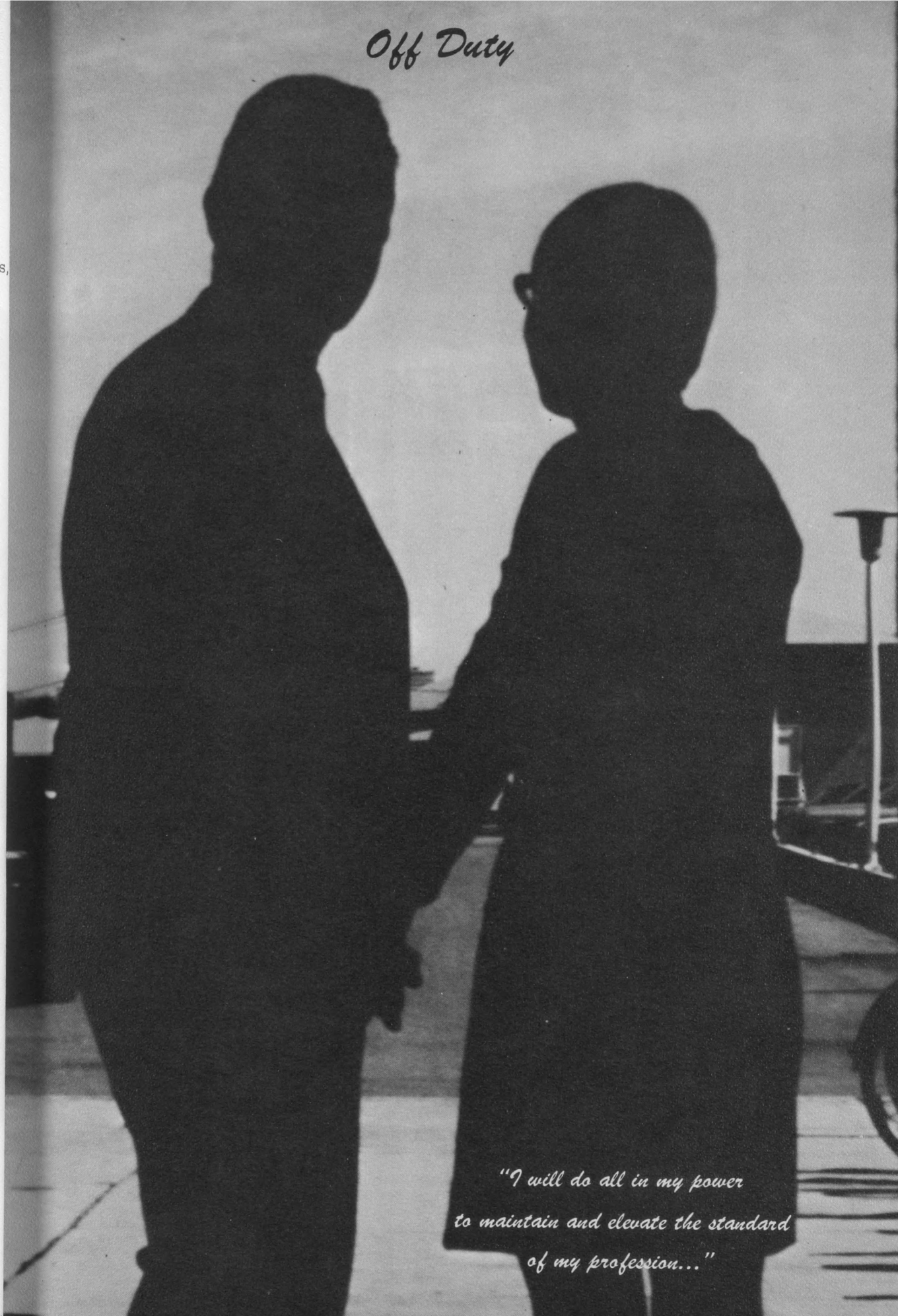
Happiness is a funny thing. You can't see it or hear it or touch it and no one has ever really defined it. But those who possess it, treasure it and those who don't, often spend their lives searching for it. Happiness comes not from receiving, but from giving of love, sympathy, faith and understanding. And oddly enough, the more we give, the happier we are, the more we have to give. Happiness is a state of mind that depends entirely on you. We talk of others "making us happy" but this is seldom the case. We make ourselves happy or unhappy by our attitudes to ourselves, our work, our neighbours, our World. The truly happy person is the one who can be enthusiastic about the things he has to do, as well as the things he wants to do. Happiness is a wonderful thing. It is the one gift we can give ourselves, the most precious gift we can wish for others.

- Elizabeth M. Gerus -

HAPPINESS IS

- C. Gorrie - bugging Rosie in History of Nursing class
- C. Fownes - is a Doctor with a good bedside manner or having a good Doctor - nurse relationship
- M. Smith - is having her adenoids out
- L. Addy - a letter from Calgary
- S. Bartel - working nights on 3 S
- M. Jalser - having a "Great Dane"
- S. Bartel - a red truck
- B. Palmer - marriage and graduation
- J. Suderman - being taught by a school teacher
- L. McDowell - going to Europe
- S. Fulton - coming back to Grace
- D. Myhal - going up north
- G. Nickel - a four-day weekend at home, being sick the whole time
- A. Koop - being able to sleep in every morning
- E. Penner - having a job
- L. Weizel - the St. James-Assiniboia Police Department
- N. Strong - falling in love with a fool
- A. Friesen - having your patient tell you that you are a scholar and a gentleman
- E. Wutke - getting enough mail so that you remember your combination
- V. Jakeman - getting male patients
- M. Hill - having a friend with a VW
- S. Craig - making rounds with Dr. Van Horne
- A. Berg - a chocolate marshmallow ice cream cone
- J. Burnett - finding an escort for grad
- L. Stefansson - being in love
- B. Ericson - finding the narcotic key in the waste basket
- J. McKibbin - a child at play
- C. MacIntyre - is having an evening on 3N brightened up by a visit from Metro Ambulance
- J. LaRocque - being posted to 3S as a grad
- C. Macfarlane - getting snowbound at home
- L. Weizel - having the yearbook finished on time and having everyone present at the meetings
- L. Addy - singing Judy to sleep at Children's
- R. Bartel - a Trudeau haircut
- A. Braun - getting off work before 4 o'clock
- P. Meda - a June wedding
- R. Exchange - snowshoeing across the lake
- M. Colbert - Peter K. saying "Give me a cigarette"
- B. Black - finally getting married

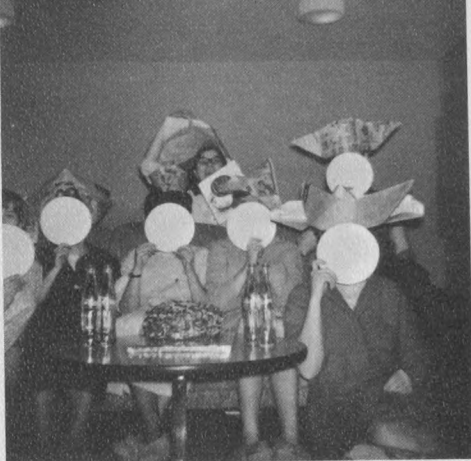
Off Duty



*"I will do all in my power
to maintain and elevate the standard
of my profession..."*



The Royal Winnipeg Ballet never had it so good.



Will the real invisible man please stand up?



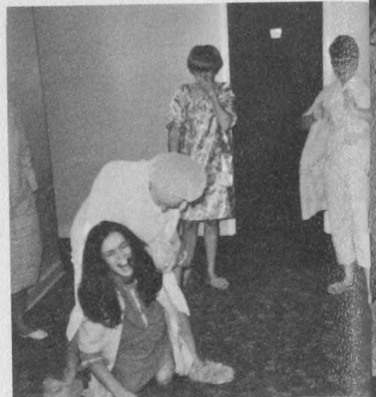
We've got to stop meeting like this



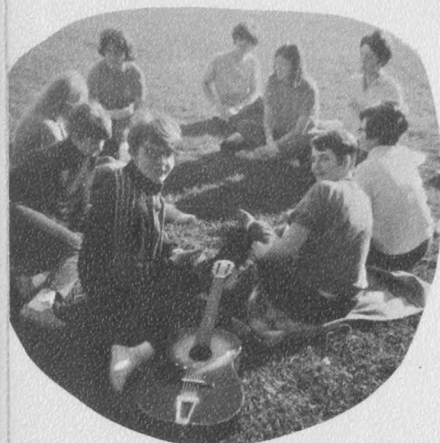
Which way did HE go???

Class 1970 Candid

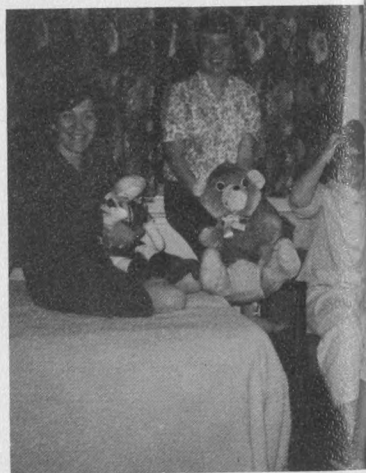
I don't have to hide mine.



O. K. , O. K. , I'll never p
ketchup on my corn again



Can anyone play this thing?



Selkirk, here we co
maybe to stay.

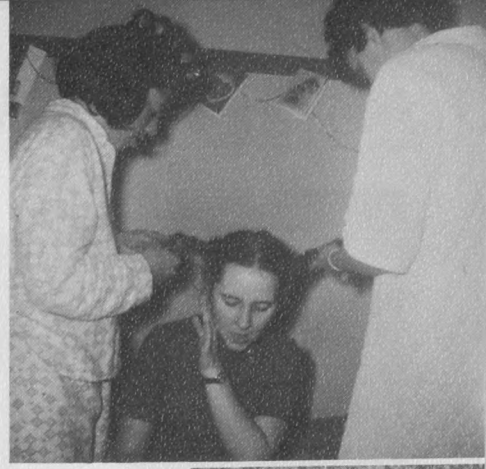
Would anyone like to dance?

And awayyyy we go





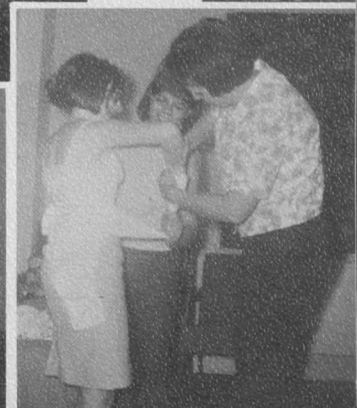
Candid



Classes



1971



Would You Believe—



Marilyn Hill



Carol McFarlane



Maureen Colbert



Shirley Craig



Brenda Ericson



Sue Bartel



Valerie Jakeman



Annie Koop



Rose Lynn Bartel



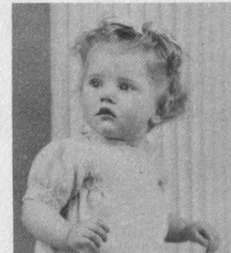
Lynn McDowell



Anne-Marie Friesen



Jean McKibbin



Cathy Fownes
(McNairnay)



Roslyn Exchange



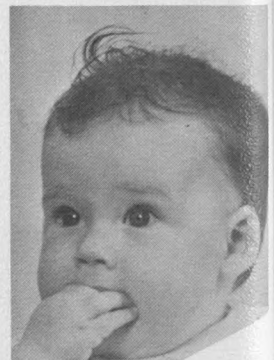
Chris Gorrie



Edie Wutke



Barb Palmer



Margaret Jalser
(McDougall)

The Class of 1969?!?



Edna
Penner



Audrey Braun



Carol McIntyre



Gladys Nickel
(and Daddy!)



Joyce Suderman



Judy LaRocque



Linda Addy



Lynn Weizel



June Burnett



Auna-Marie Berg



Laureen Stefansson



Joan Burden



Bettie Black



Norma Strong



Dorothy Myhal (R)



Margaret Fraser



Margaret Smith



Pat Meda (L)



Capt. Johnson's
farewell



Shopper's Supper at Eatons



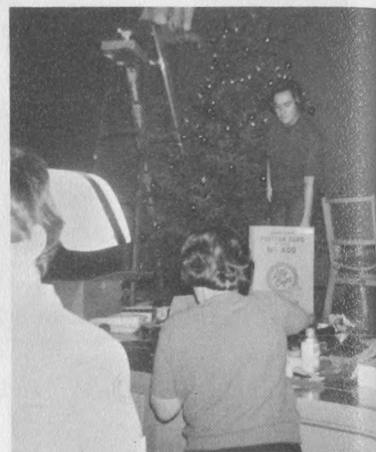
After the tally-ho

Social Activities

A probie?
At initiation



Winter Wonderland Tea



The night before the tea



Skit at Christmas party



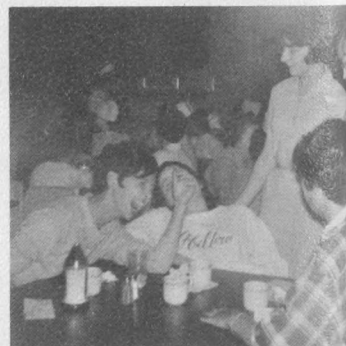
Initiation



Have a cup of tea



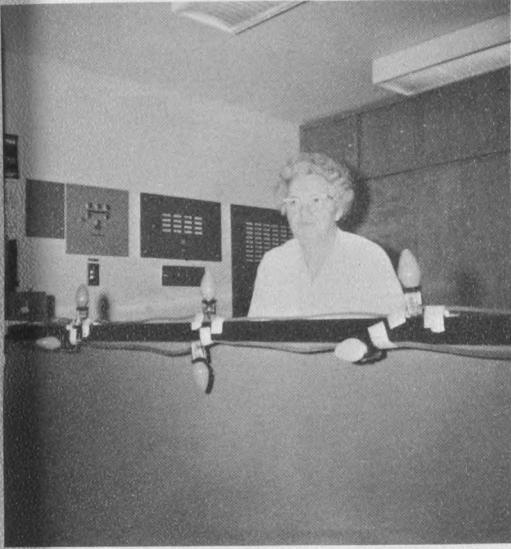
Hippies for seniors!



Welcome
party
at
Bruce
Park



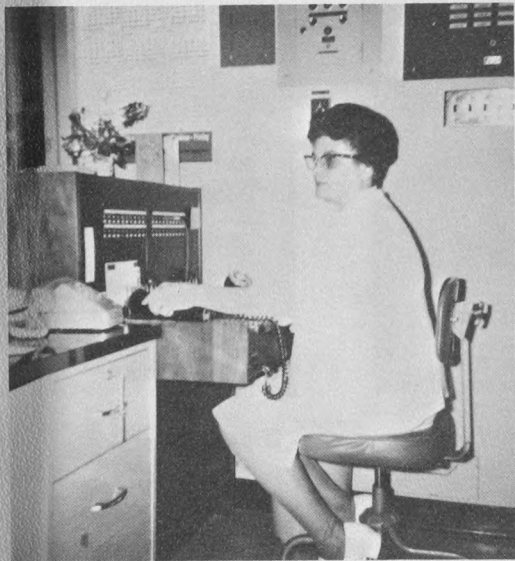
Our Housemothers



Mrs. MacLeod



Mrs. Thomas



Mrs. Wheeler



Mrs. Burkett



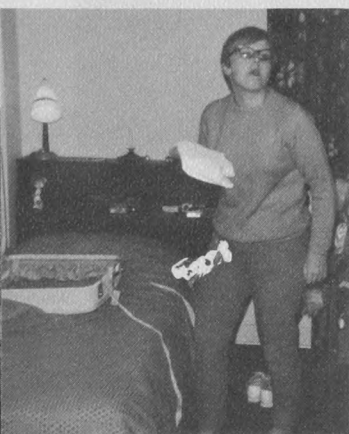
Mrs. McNaughton



Mrs. Peterson



4-H at G. H. W.



Mr. & Mrs. D. Fownes



A job at C.H.!



One, two
STRETCH

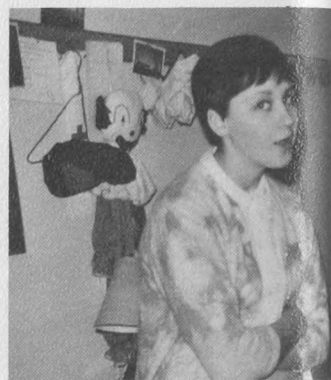
My ring's bigger
than Yours.



Why is everyone
looking at me?



I told you - you can't borrow my
clothes.



If you take that picture
....!



*Daze
Grace*



Me! ---STUDY??????



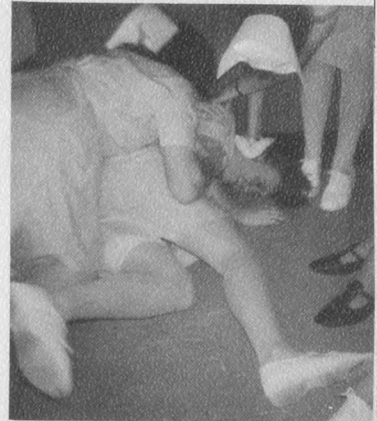
Here pooch!!



Depressed area



Mr. and Mrs. E. Jalser



Tickle, tickle.



One muchroom,
Two pepperoni.



Tall, dark and Handsome
Dance?

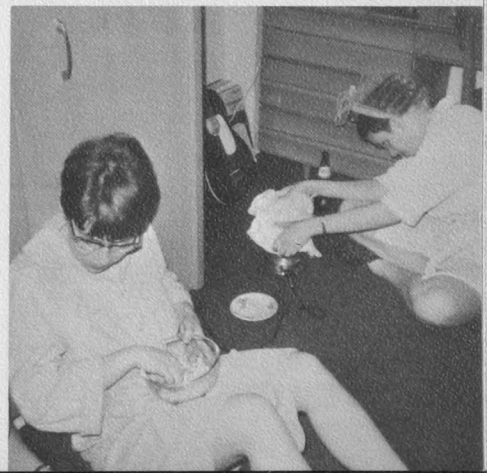


Curses! Foiled
again

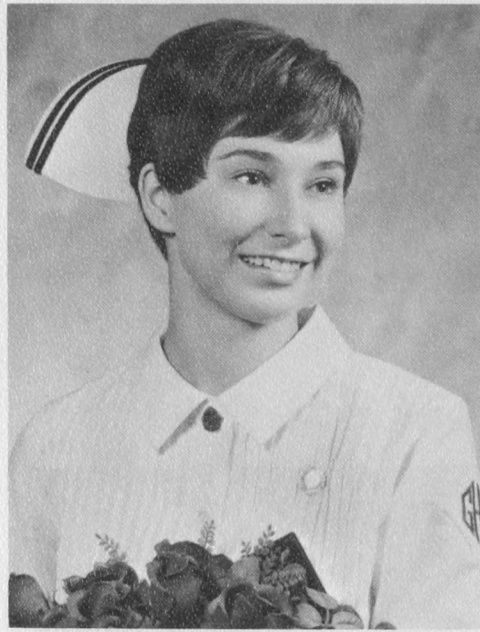


Fresh air

So what else is new?



President's



Message

The progress of a student nurse is marked in many ways. Caps, pins, and black bands are symbols of increasing seniority. But a more valuable indication is a gradually increasing competence in nursing procedures, blended with a growth in personal qualities that are the mark of a mature person. The pressure of studies, the joys and sorrows of ward work, and the companionship of off duty hours are all experiences of a student nurse's life which teach valuable lessons.

Now graduation marks the end of three years crowded with memories, but a new beginning must be made and new goals set. As each one of us faces new situations, whether as students or new graduates, the words of Ellen H. Underwood have special meaning for us as nurses.

The bread that bringeth the strength I want to give,
The water pure that bids the thirsty live;
I want to help the fainting day by day;
I'm sure I shall not pass again this way.

I want to give the oil of joy for tears,
The faith to conquer crowding doubts and fears.
Beauty for ashes may I give away;
I'm sure I shall not pass again this way.

I want to thank you all for your support and encouragement, and wish you God's very best.

Brenda Ericson
Student Council President

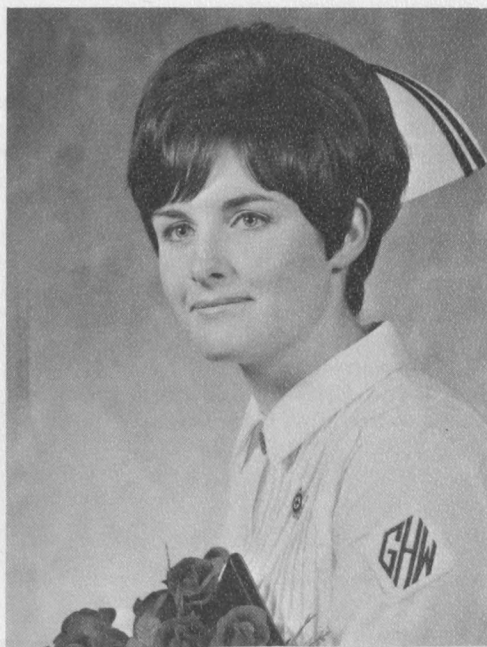


Student Council Vice-President
Allison Garnett



Secretary-Treasurer
Judy Harrison

Class

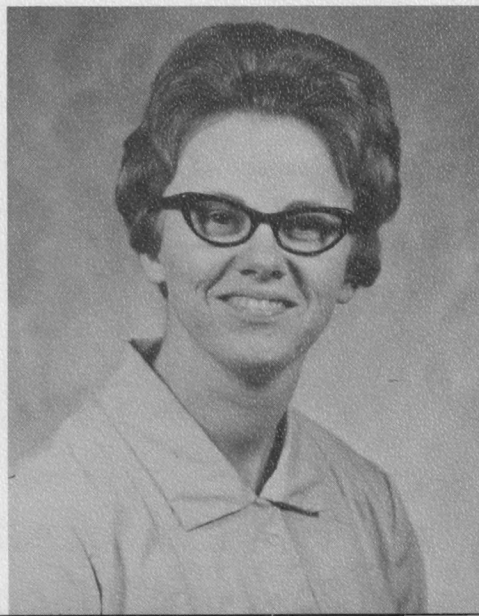


Class '70 - Irma Schmidt

Presidents

Class '69
Jean McKibbin

Class '71 - Deanna Larson





Editor's Message

Dr. Samuel Howe once said to Florence Nightingale about her calling, "but I say to you, go forward, if you have a vocation for that way of life; act up to your aspiration and you will find that there is never anything unbecoming or unladylike in doing your duty for the good of others. Choose your path, go on with it, wherever it may lead you, and God be with you."

In future years, we, who have been together for three years will follow different paths to all parts of the world. To my dear classmates, I dedicate this quotation, and it is my hope that this yearbook will travel with you and serve to remind you of the many memories of happy hours and cherished friends that it has been our privilege and joy to share together during our training.

Of the many people who have worked to make this 1969 publication, in our minds, the best yearbook ever, I have room here to mention only a few. I would like especially to thank Miss A. Draffin and Mrs. A. Crabb, our advisors, who never failed with their support and advice, Mr. Bruce Dilling, photographer, for snapping the best pictures at the worst times, and to my busy staff who were always ready, willing and able. Special thank you to my co-editor who is also my "Little Sis" and who bore the brunt of my griping and shared my worries. Thank you Eileen, and good luck next year.

It is my hope, that when you leaf through Our Days Of Grace 1969, you will remember and share again the happiness of "Those Three Years."

Lynn Weizel
Editor

Eileen Mutch
Co-editor



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Yearbook

L. Weizel, E. Mutch, C. MacIntyre,
B. Knutson, I. Vanhove, M. Smith, R.
Ewert, L. Janis, M. Hill, L. Addy, S.
Bennett, J. LaRocque, P. Meda, F.
Rout, P. Hyrnchuk, B. Hopper.



At Rest

Thank You — Mrs. Tanner

At Play





ADVISOR - Mrs. Thornhill
 CHAIRMAN - R. Bartel
 C. MacIntyre
 H. Weibe
 J. Harrison
 C. Anderson
 S. Peters

Library

ADVISOR - Mrs. G. Smith
 CHAIRMAN - L. McDowell
 B. Simpson
 C. Boake



Things to Do

Sports



ADVISORS - Mrs. A. Dojack
 Mrs. V. Berry
 CHAIRMAN - G. Parrot
 J. LaRocque
 M. MacDougall
 B. Spent
 B. Powell
 R. Brooks

ADVISOR - Miss T. Letkeman
 CHAIRMAN - J. Burden
 J. Burnett
 H. Hay
 M. Orser
 P. Olds
 E. Hubic



Constitutional



ADVISORS - Mrs. Wagner
 Mrs. A. Dojack
 Miss B. Seeman
 CHAIRMAN - E. Wutke
 J. Suderman
 B. Pederson
 C. Saskosky
 L. Burnett
 E. Jansen

Residence

N.C.F.

SPONSOR - Miss Bancock
 PRESIDENT - I. Heppner
 VICE-PRESIDENT - D. Kuhl
 SECRETARY-TREASURER - B. Simpson





ADVISOR - Mrs. M. Nicols
 CHAIRMAN - B. Hopper
 S. Craig
 C. Fownes
 M. Smith
 H. Martens
 P. Brewer
 L. Knox

Social

K. MacLeod
 B. Spent
 L. McDowell
 L. Janis
 J. Robertson



M.S.N.A.

Newspaper



EDITOR - A. Berg
 CO-EDITOR - D. Kazuba
 G. Lawrence

Matthew 7: 7, 8 "Ask and you shall receive, seek and you shall find; knock and the door will be opened. For everyone who asks, receives, he who seeks, finds, and to him who knocks, the door will be opened."



1968-69 N. C. F. is a testimony to the truth of these verses. At the weekly prayer meetings and more personal prayer-partners, we have learned better communications with each other and with God. We have discovered that it is possible to pray and receive.

In the Bible studies, discussions and times of sharing we have discovered amazing truths of importance in practical Christian living.

The missionary presentations, films, special speakers, panels, and visiting singing groups have opened many new doors. We have received some insight into the lives of more mature Christians, into the abundant life afforded by the committed Christian, and also into the many opportunities of service available to us as Christian nurses.

The social nights, informal discussions, retreats and camps have helped us in discovering a closer fellowship and more personal relationship with God.

I personally would like to thank each member of the committee for all the work they have done, the support and enthusiasm they've shown this past year.

A special thank you goes to our sponsor, Phyllis Babcock, and our regional I. V. C. F. staff member, Mary Dewar, for the help and encouragement given.

To our seniors we say "Good-bye and thank you for your encouragement and guidance. We will miss you in our future activities."

As we face the future, this challenge comes to each of us; Psalm 37:4 "Delight thyself in the Lord and He shall give thee the desires of thine heart."

Irma Heppner
N. C. F. President



Pioneer Camp



M.S.N.A



Here we are again at the end of another successful year for M.S.N.A. I'm sure you'll all agree that the student nurses of Grace can boast of their contribution to the success of our organization.

You will recall the Hootenanny in September at Children's with the Vicious Circle, the hayride at Grace in October, Med student dance at the General in November, the pizza party at Misericordia in December and the volleyball tournament at C. H. in January.

Then, on Valentine's Day, Feb. 14, the gala event of the year - the annual Sweetheart Ball took place at the Fort Garry Hotel. Karen MacLeod represented our school as a candidate at the Ball. All the girls looked lovely.

The year ended with speakers on C.U.S.O. and nursing in the north, at a mass meeting in March.

In all it has been another great year for M.S.N.A. thanks to the work of the inter-school executive, and to our own school representatives:

Karen MacLeod - Executive Committee
Lynn McDowell - Social
Beverly Spent - Sports
Lorna Janis - Posters
Joanne Robertson - First year representative
Auna Marie Berg - Events Co-ordinator.

Thank you all for your support!

Karen MacLeod
M.S.N.A. Representative



KAREN MACLEOD

In Appreciation

To Mom and Dad

This the day your father's looked for;
Day your mother's sewed and cooked for.
This their dream and this their mission;
Since your birth their one ambition.
This is the day for which they've waited;
Day when you have graduated.

In that cap and uniform you're wearing
At you now with pride they're staring,
Theirs the joy while they are living
You alone have power of giving.
Days of days! On you depending,
Your commencement; theirs the ending.

As you stand there, and are hearing
Friends and loved ones gladly cheering
From the way you've toiled and striven
Came to them the pride you've given.
Should you fail them some tomorrow
Just as deep would be their sorrow.

Even in your cradle sleeping,
You had this day in your keeping,
Now from school as you're departing
And the tasks of life are starting
Give them joy and fail them never,
Keep their pride in you forever.

Edgar A. Guest

Proficiency Plus

I was the smartest student
They ever had at Grace
For the proficiency Award
I should've won the race
I was so fast and skillful
It almost was a sin
I simply cannot understand
Why I didn't win.

When I was a probie
Miss Seeman's pet was I
I scrubbed and oiled my patients
Till I thought I'd die
My backrubs were in great demand
The patients thought them keen
Until I rubbed one by mistake
With oil of wintergreen.

So for six months I worked and slaved
With such efficiency
But since I'm not quite perfect
I made a mistake-or-two-or-three
It really wasn't my fault
That those false teeth got mixed up
The head nurse said "Clean all false teeth"
So I gathered them all up
I put them in a basin
And scrubbed them till they gleamed
Then I showed them to the head nurse
I wonder why she screamed?

My patients just adore me
They thought I was divine
For I'd give them drinks of water
And overlook the fasting sign
I was so conscientious
Of my patients and their ills
That in the night I'd wake them
Just to give them sleeping pills.

I next attacked the O. R.
Which will never be the same
But for the things that went amiss
Myself I cannot blame
I fainted at the sight of blood
But it wasn't my decision
To fall across the patient's laparotomy incision
I didn't mean to lose that sponge
But I lost count you see
The fuss over one little sponge
Oh all right--so it was three.

During operations the doctor I'd never wheedle.
But as soon as he sewed up the skin
Then I'd ask for my missing needle
When the doctors saw that I was scrubbed
To help them with their work
They either fainted dead away
Or else they went berserk
I helped one doc so well up there
That he offered to operate free
He said I was in drastic need of a Cranilithotomy.

But the Case Room's where I really shone
Mid cord clamps, beads, and suction
But somehow during all the rush
I'd forget Miss Rusk's instructions
"Was that--tie, then clamp then cut the cord
Or clamp then cut then tie?
Now what comes first--the baby's beads?
Or the drops for his eye?
Episiotomy? What's that?
Oh yes--oh yes the suture."
The doctors glared while I unwound
And unbright looked my future
"You can have it in a second,
Just be patient for a bit.
I just have to untangle these eight knots
out of it."

I did so well at Children's
But my work I'd just begun
When they put me as a patient
On a ward they call West 1
I did just fine in Public Health
Till on a nursing call I went
I got lost and my two weeks
In Kildonan Park were spent.

So back to the wards I trotted
As efficient as could be
I knew that I could do no wrong
The blame's not mine you see
That the P. P. care on Mat floor
With mouthwash once was done
Or the waking of the patients at 5 a. m.
was begun.

So you see dear friends I'm quite a gal
The head nurse's buddy, the doctor's pal
Now don't you think I deserve congratulating
Not for winning an award--just for
graduating?

P. Egan
- taken from the 1960
Yearbook -

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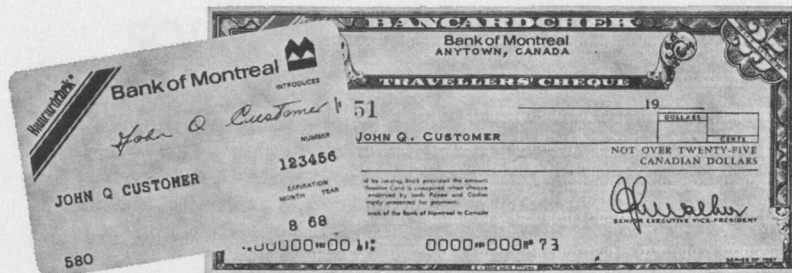
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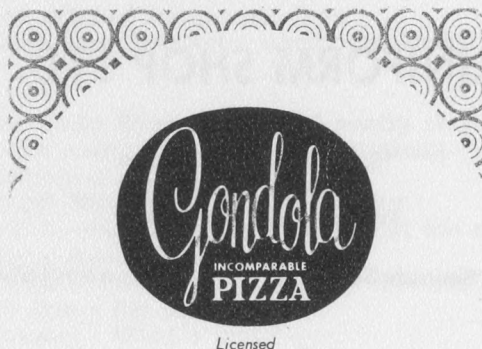
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as young as your hope, as old as your despair;
In the central place of every heart, there is a recording chamber;
so long as it receives messages of beauty, hope, cheer and courage,
so long are you young."

General Douglas MacArthur

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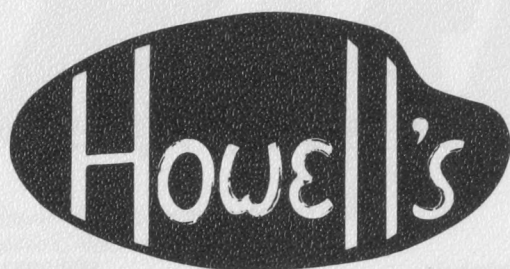
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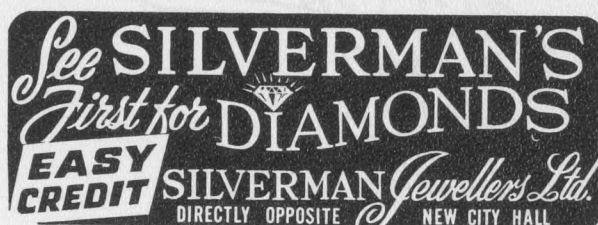
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